

Physical and Psychological Trauma Caused by Traffic Accidents

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Abstract—This article aims to bring understanding about the Physical and Psychological Traumas Caused by Traffic Accidents, which every day has occurred with greater frequency. The traumas left by the victims end up harming their life in society, their work, among others. It is a fact that the larger the population, the greater the number of people who use transport, however, it should also be taken into account that traffic accidents also occur with pedestrians. Another factor that needs to be understood is that accidents generate many costs and consequences for victims and their families. Not only in relation to material costs, but also emotional ones, which make it difficult to return to society and socialize with other people. **GOALS:** The aim is to make the theme more explicit, showing that the physical and psychological traumas that traffic accidents cause to victims cause many consequences in society's life, bringing harm to the victim and several consequences. **METHODOLOGICAL APPROACH:** it is a quantitative bibliographic research, being carried out online and also in different sources, with different authors and websites, which could bring information about the proposed question. A reading and selection of texts that brought answers that are concrete to explain the subject clearly and objectively was carried out. **RESULTS:** In view of the authors and websites surveyed, it can be understood that physical trauma can affect the daily life of injured people, and simple everyday actions such as dressing and eating can become major challenges. Furthermore, it was possible to understand that accidents bring many costs to both the health system and the victim. Regarding psychological trauma, it is understood that they are emotionally imprinted on the victim, leaving her with fears of going back to her routine, in addition, they cause various stress, which may develop into depression.

I. INTRODUCTION

Currently, we cannot think about what people's lives would be like without the means of transport that help them move around and quickly come and go. But, with the great growth of the population and the means of transport that are needed, a high rate has emerged in society, that is, the high rates of traffic accidents that happen daily all over

the world. These, for the most part, leave trauma to the victims, being these, both physical and psychological.

Physical traumas cause a lot of damage both for the victims and for the health system in general, because for each accident that occurs, there is an engagement to help the victims at the right time. That goes without saying, from the expenses of the hospitals' health system to attend

the patient with all the emergency support. That's why it becomes so relevant to discuss the topic, because every day, more deaths occur all the time. In addition, many of the surviving victims are for a long period recovering and in some cases, with consequences that are irreversible, harming their family life and in society with the others involved.

Traffic accidents can occur with cars, pedestrians, cyclists and also with motorcycles, the latter are very dangerous and in many cases are fatal, being responsible for a large number of deaths. According to Silva et. al. (2015, p. 1689), "among the damage caused to patients who survive motorcycle accidents, motor and psychological sequelae and mutilations stand out. According to data from the World Health Organization (WHO), between 20 and 50 million victims of traffic accidents survive with trauma and wounds". Thus, the relevance of the subject within our society can be seen.

So, one of the problems we have is the large number of motorcycles that travel on public roads, many of them irregularly. Not everyone is able to buy cars and therefore opts for the motorcycle as it is more accessible and even easier to get around in congested traffic. However, it can still be observed that there are many vehicles that travel in bad conditions on the roads. Another factor that needs to be mentioned is that serious accidents do not only occur on major highways, but also in small places on dirt roads, where drivers are even more irregular, underage driving, loose animals, do not respect their space on the road, among others.

Therefore, this study aims to understand how traffic accidents involving different vehicles can leave trauma to victims. Try to speak a little more objectively and concretely about this subject. Seeking to anchor in several selected authors who could serve as support to find answers and clarify the topic in question.

Because people victims of accidents carry the marks of the lived experience, these can make it difficult to return to social life, because in addition to the physical traumas, there are also psychological traumas that can isolate the person, leaving them with fear and unwilling to return to the daily routine.

Taking into account that, nowadays, more and more lives are lost in accidents, many do not even reach adulthood. And the traumas left can lead to lifelong problems. So, talking about this topic becomes of paramount importance, and it is essential that when discussing the subject, we can contribute to greater understanding, and who knows, to an awareness of greater responsibility when driving, seeking extra attention and simple care that can save many lives.

The numbers found in surveys demonstrate that Brazil is among the countries with the highest rates of traffic accidents and the factors are numerous. However, it becomes necessary for each one to do their part, seeking greater care when driving and thus, perhaps the numbers could decrease in a more significant way these days.

II. GOALS

The objective of this work is to show a little about the physical and psychological traumas that traffic accidents cause to victims. It also aims to demonstrate how these end up changing people's lives within the society in which we live. In addition, it also demonstrates how the consequences left by traumas can lead to different problems both individually and collectively. Problems such as medical expenses, mobility difficulties, emotional difficulties, stress, disabilities, depression, among others.

III. METHODOLOGICAL APPROACH

The methodological approach used for the construction of this work was a bibliographical research, searching online and other sources, such as books, magazines, etc., for materials that could theoretically help its elaboration. The research has a qualitative character, that is, it is a literature review in order to answer the proposed question. At first, a selection of texts that were in line with the theme was carried out. Among the analyzed authors, some who were in agreement with the proposed theme were selected. Then, a detailed and careful reading was carried out, to select the conceptions that could answer and clarify better, about the physical and psychological traumas that remain in the victims of traffic accidents survivors. These articles were the theoretical basis for the construction of this work,

IV. RESULTS

Every day the number of vehicles on the streets grows, this great demand also generates countless accidents all the time. According to a survey carried out by World Health Organization (WHO) in 2009 with 178 countries, showed that about 1.3 million people die every year, because of traffic accidents. Of those who manage to survive, at least 50 million people live with various sequelae. Brazil appears in fifth place in the ranking of countries that have more deaths from traffic accidents. (Metro Newspaper, 05/01/2017).

Traffic accidents can be classified as a casual event that has no intention of happening on a public road, causing victims with injuries, whether physical or even emotional, by shock or some collision. It is understood as a problem

of urban life and civilization caused by the circulation of motor vehicles in everyday life within the society in which we live (OLIVEIRA, 2015, p.12). However, it must be said that vehicle accidents are not only a problem in large urban centers, but are also frequently seen in small towns and rural areas. One of the factors of these accidents is certainly the lack of adequate inspection, where recklessness is clear. Usually minors drive vehicles and mainly motorcycles at high speed, in addition,

By analyzing the data found, we noticed that in the ranking of the roads with the most accidents, the "BR-381 ranks first in deaths: 192 deaths in 4.6 thousand accidents were found in the stretches between Belo Horizonte and the border with São Paulo and between the capital of Minas Gerais and Governador Valadares, in Vale do Rio Doce." (UAI PORTAL, 2017)

Even so, from according to the website Happened in the Valley "from January to April 2016, Minas recorded 82,802 accidents. In the same period of 2017, there were 80,795 occurrences, a drop of 2.5 percentage points". So, you can see that, there was a considerable drop when comparing the first four months of 2017 with the previous year, however, this drop is still not enough given the large proportion that still persists.

Although statistics show a reduction in the number of traffic accidents in the state of Minas Gerais, the numbers still show a large portion of accidents that occur in the state. According to a publication by the UAI Portal (made by Marcia Maria Cruz 02/26/2015), "only at Hospital de Pronto-Socorro João XXIII, a reference in Minas Gerais in caring for traffic traumas, 13,627 victims were treated last year as a result of being run over, crashes and other accidents involving cars, buses and bicycles".

These traffic accidents occur due to different factors, among humans, Cruz (2013) apud Martins (2016, s/p.) states that they are related to "the unsatisfactory training of those involved, linked to incompetence, disqualification, inexperience, among others, or to their adverse physical and psychological conditions, such as fatigue, drowsiness, stress, aggressiveness, euphoria, haste and inattention. Causes that generate traffic errors by its users". However, it should also be taken into account that many roads are in very bad condition; the rainiest periods and vehicle failures, among other external factors that can lead to daily traffic accidents.

Physical Traumas

Accidents leave marks on victims, whether physical or psychological, traumas that in many cases are irreparable to return to a normal life within society. Filho (2012, p. 151) states that traffic accidents are the main causes of death and are also responsible for different types of

injuries "in varying degrees of extent and magnitude, permanent and temporary disabilities, sequelae, pain and suffering for victims and their families around the world."

This extension of injuries changes the life of the accident victim, making them more prone to various problems, especially physical ones, as the damage from an accident can change an individual's life routine, leaving marks that will make it difficult for them to move, work, do simple things. About the physical traumas Mattoso and Cravo (s/d, s/p.) highlight that:

Physical disabilities resulting from traffic accidents cause serious damage to the individual, such as financial, family, travel, professional and also for society such as hospital and social security expenses, etc.

Physical impacts are the immediate consequences of an accident, which can be temporary and easily treated, such as fractures, bruises, trauma, but can also be permanent and disabling such as paralysis, amputations, neurological injuries.

While Prado (2001) apud (BARROS, 2008, p.28) states that: "Violence in traffic generates and redimensions individual and collective issues. At the individual level, traffic accidents primarily affect the individual and, at the collective level, they generate impacts on the family, the work group, the health care service and social security, that is, society as a whole." The author Toletino (2013, p. 20) adds that, "fatal accidents are just the tip of the iceberg because accidents with sequelae and accidents that evolve to full recovery should be considered, but have a long hospitalization time, sometimes needing, of surgeries. And he adds that they are also responsible for overloading health services with a high demand from health professionals, hospital beds, and intensive care units." However, there are still other expenses, which can be with social security, or material damage to vehicles; the loss of loads; removal to patio; lawsuits and also damage to public and private property (ZIMMERMAN, 2008).

Therefore, it can be said that the damages will depend on the type of injury that the person will suffer after a traffic accident. In addition, the impacts of accidents will not only be on the victim, but will also reflect, in a certain way, on the collective that surrounds them, that is, the family. Thinking like this, it can be said that the greater the physical injury, the greater the difficulties to be faced after the accident.

According to Cruz (2015, s/p) "the sequelae left by a crash can range from a broken leg or arm to more serious consequences, such as head trauma and spinal cord injuries, among others." already stop Silveira and Souza (2016, p. 378) accidents can compromise the individual's perception of their living conditions, their psychological

well-being, with a reduction in the ability to work, and limitations in physical aspects, thus resulting in a decrease in the individual's quality of life. They also emphasize that, the sequelae of accidents bring many limitations to the performance of "the most basic and important daily activities such as mobility, work, health and autonomy for daily activities (dressing, bathing, eating, among others), there are also abrupt changes in lifestyle and health due to injuries."

Given the conceptions of Cruz (2015) and Silveira and Souza (2016), it can be said that the physical traumas left by traffic accidents affect the quality of life of the victim in general and also that of their families, leaving them largely dependent on other people, temporarily or for life, varying by the complexity that the injury caused.

According to Ramos (2008), bringing the conceptions of Siate (2004), the trauma mechanism can happen through the compression of the body, creating injuries, that is, due to the slow deformation of the body (crushing) or through the impacts that are caused as a result of excessive speeds. Thus, it is noted that speed contributes to the impact of the accident, among other factors. In addition, the way in which the crash occurs in vehicles also influences, that is, whether it is frontal, lateral or rear. When the accident happens to the pedestrian or the cyclist, they do not have any support or protection that can support them at the time, so depending on the impact it can cause death. Motorcycle accidents are much more complicated too, as the passenger only has the helmet as protection, your body is free for any impact it may suffer. In addition, at the time of the accident, it may be at high speed, which generates greater consequences and seriousness in the face of the accident. For the most part, physical injuries can be permanent.

Psychological Trauma

Psychological trauma, another factor that needs attention, because, after a traffic accident, the victim's life is no longer the same, most of the times it affects the emotional, psychological and social aspects, leaving the victim afraid that it will occur something again. In addition, the sequelae left can cause other challenges, according to Martins (2016), when the person becomes disabled due to the accident, they experience psychological suffering, because they feel responsible for the family's survival in many cases. , comes to believe that he has become a burden for his family, becoming a sad and depressed person.

Based on Martins' conceptions, it can be noted that when the accident leaves a disability, the person feels unmotivated for being dependent on others, which leads to psychological problems, depression and even greater social isolation. These invisible sequelae can be an even

greater damage than the visible ones, as the victim hides his feelings, may feel guilty about the accident, thinking about what he could have done to avoid it, among other issues that cross the mind of the injured victim.

According to Cavalcante et. al. (2009, p. 1765) "when a person perceives the moment of the accident as very dangerous, he may experience a peri-traumatic dissociation, feeling robotic or out of the traumatic scene, as if he were in a movie, which may bring disturbance mental since dissociation is a defense that has the cost of "disintegrating mental processes". And he emphasizes that, "a study that investigated three million people involved in road accidents, estimated that between 8 and 40% of them will have post-traumatic stress disorder in the first year after the accident. Thus, it is fair to say that the victim of an accident will have a stress disorder that will certainly harm their daily life. In addition, the person is not always able to forget the facts that occurred,

According to Magalhães (2006) Apud Martins (2016) understand that the post-traumatic stress disorder that is in the victim who suffered a traffic accident, in general, can manifest a loss in the post-accident psychosocial adaptation, with depressive and anxiety traits that can reinforce the feeling of being sick and debilitated. And that these manifestations in accident victims make it difficult for them to resume social and professional activities.

Therefore, accident victims do not feel good emotionally to return to society in a natural way. With that, they start to look for help in therapies and medications, to try to have a normal life, like the one they had before the accident. This psychological and emotional difficulty also affects family members who are trying to find answers and solutions. According to Cavalcante et. al (2008), relatives of injured victims are unevenly affected, given the impacts and consequences it causes. It can affect the health of the entire family group, bringing a commitment or perhaps strengthening the social network to be able to overcome the problems.

Thus, it can be understood that the psychological traumas that are left after accidents are diverse and their consequences will vary in each person's life. However, it is important for the victim to seek some psychological help to overcome obstacles and be able to settle down and return to his normal life within society.

V. FINAL CONSIDERATIONS

From the data collected, it is observed that Brazil is among the countries with the highest rate of traffic accidents. And this high number of accidents is due to the excess of vehicles that circulate each day on public roads, where

several factors are responsible for the cause of accidents, including: human failures, vehicle failures and also factors such as bad roads, rain, and others more. These impacts are different depending on the type of accident or even the type of vehicle that the person is impacted on.

It could also be seen that traffic accidents kill daily and that survivors face both physical and psychological trauma. Regarding physicists, we can observe that they generate costs for both the health system and the victim. In addition, many of the survivors of accidents are left with sequelae, from the simple to the more complex, being still dependent on someone to take care of. Thus, the injuries caused to the victims cause several problems, these can also affect the psychological, making the person more prone to a state of depression and sadness.

In addition, it is important to understand that the victim's recovery is usually slow and this generates several problems such as: difficulties to support their family, loss of monthly income, medical expenses, need for daily help, therapies, physiotherapy, among others.

About psychological trauma, it can be understood that the victim's emotional state is very debilitated, where the images can come back daily in the memory, bringing a disorder to the person, needing to seek help from a professional to return to society. In addition, the entire group suffers from traffic accidents and patient rehabilitation.

It should also be said that, through this study, it was possible to understand that large parts of the deaths that occur in Brazil are related to traffic accidents. Not only in large BR, but also in small towns, many of these fatal. Therefore, it is understood that public policies need to pay more attention and seek strategies aimed at greater awareness to reduce traffic accidents. And also seek to resume security measures and punishment for the infractions that occurred. Only then will it be possible to avoid so many lost lives and countless traumas, both physical and psychological.

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